

BORONNDARA

Bicycle Users Group

Rides Supplement December 2011

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphjj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

RIDING IN COMPANY PROGRAM – Aug-Dec 2011

Welcome! We ride every week on Mondays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria www.bv.com.au and explore insurance options or join RACV Bike Assist Membership www.racv.com.au

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: info@surreyhillsnc.org.au

Date	Ride Description	Meeting Place	Melways Ref
5 December 2011			
12 December 2011	Glen Iris - Beacon Cove - Brighton - Christmas Lunch	Nettleton Park, Dawson Drive, Glen Iris	M59 J7
19 December 2011			

Please note:

The calendar of rides indicates designated rides for every second week.

Rides on the "off" week will be worked out the week before amongst the riders and details will be sent out in an email on the Thursday prior to the ride.

This gives riders a chance to put forward rides they would like to do other than the ones shown on the calendar.

Leaders have not been assigned to this calendar. Participants can volunteer to lead a ride or the leader will be assigned during the preceding ride.

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna

Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2011

We ride 4 Wednesdays each month.

The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us.

The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

We generally meet at 10am at the 'Place to meet' (see below). Please catch a train to arrive at the start before 10am. If a time is suggested, please check that the time is current.

A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides.

Riders are welcome to join the ride along the way or cut the ride short at any point.

If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact Janet Bennett by e-mail jfbpgb@bigpond.com or on 9853 9808 to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Dec 7th	Footbridge in Southbank MEL 2F F7	Short ride - via the Merri Crk. trail and St. Georges rd. to the Human Powered Café, 562 High St. Thornbury ~ 15 km.	Easy
Dec 14th	Werribee station MEL 205 J/K7 9.08 train from Flinders St. Station.	Werribee to Serendip Sanctuary and return, ~ 65km. We will ride minor roads most of the way and on the return. An option is a shorter ride of 35km to return from Lara station (Vline).	Medium
Dec 21st	Footbridge in Southbank MEL 2F F7	Christmas ride with lunch at the Botanic Gardens in the Lake café – We will ride the Bay trail to Elwood canal and return via the back streets and Albert Park lake to the Botanic Gardens ~ 15km.	Easy

* is when Janet will be away

Whitehorse Cyclists Inc

Last updated November 2011

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter. Phone the contact person to find the meeting venue and any other information.

Date	Destination	Description	Distance and grade	Leader Contact
Thu 01/12 9.30am	Easy Thursday Regional Exploring	Slater Res, St Clems Res, (M) Tunstall Square, St Clems Res 31 Tram Rd Res, Elgar Park, Bushy Ck Tr, Blackburn	31 E	Lawrie J 9808 5718

		Creeklands. (About 9 km unsealed)		
Thu 01/12 9.30am	Medium Thursday Newport	Main Yarra Tr, Capital City Tr, (M)Kensington, (L)Newport Lakes.	75 M	Jacques F 9497 2306
Thu 01/12 9.00am	Hard Thursday Mt Macedon	For 9.15am VLine Train to Gisborne, Mt Macedon, The Cross, Wallan	70 H	John C 0438 566 977
Sun 04/12 9.30am	Sunday Gardiners Ck Loop Ride	Surrey Hills Station car park from 9:40, Box Hill to Laburnam (M), Blackburn Lake circuit, Blackburn Creeklands, Gardiners Creek, Holmesglen, Back Ck Res, Anniversary Trail, Mont Albert Rd, Surrey Hills St, Canterbury St.	40 E	Graham E 9836 0415 0413 767 925
Tue 06/12 9.30am	Easy Tuesday Ho ho ho!	Koonung Tr, Chandler Hwy, (M)Abbotsford Convent, The House of Christmas, 376 Johnston St, Abbotsford. Two floors of tasteful Christmas baubles. Short stop only! Main Yarra Tr, Hawthorn, Box Hill. Shorter ride if too hot.	32/43 E	Keith M 9857 5805
Tue 06/12 9.00am	Medium Tuesday The Inner North West	Fairfield, Rushall, (M)Moonee Ponds, Maribyrnong River, Kensington, Capital City Trail, Westgarth.	45 E/M	Jacques F 9497 2306 0421 732 274
Tue- Wed 06- 07/12	Hard Tuesday Bellarine Peninsula	Geelong, Portarlington, Barwon Heads, Geelong. Geelong, Rail Trail, Queenscliff, Sorrento, Frankston.	200 M/H	Fiona H 0404 557 563
Thu 08/12 9.30am	Easy Thursday Dandenong & Blind Creeks Loop	Dandenong Ck Tr, (M) Jells Park, Eastlink, Blind Ck Tr.	30 E	Dick van G 9844 3344 0416 212 423
Thu 08/12 9.30am	Medium Thursday Brighton	Gardiners Ck Tr, Poath Rd, (M)Hughesdale, Kangaroo Rd, Royal Ave/Katundra Rd, North Rd, (L)Brighton, Beach Rd, Kerferd Rd, Yarra Tr, Gardiners Ck Tr, Anniversary Tr.	60 M	Barry McC 9848 1154
Fri 09/12 12noon	Christmas Lunch \$20 each to Gill BYO drinks	Geoff & Marg Dreher, 16 Varzin Ave, Surrey Hills. Parking v limited. Try Union Rd, Alastair Ct, cycling, car pooling.		Gill B 9725 5310
Sun 11/12 9.00am	Sunday Brunch at Heathmont	Cycle to Heathmont for breakfast/brunch. Cost approx \$12.	28 E	Elaine H 9877 1434
Tue 13/12 9.30am	Easy Tuesday South East Roam	Anniversary Tr, Hughesdale, Murrumbeena, Rosstown Tr, (M)Elwood, Bayside Path, South Rd, East Boundary Rd, Anniversary Tr. Mainly sealed surfaces.	37 E	David Y 9884 8037 0431 514 123
Tue 13/12 9.00am	Med Tuesday	Yarra Tr, Capital City Tr, (M)New Market, Docklands, Southbank, Anniversary Tr.	45 M	Gay C 0416 124 377
Tue 13/12 8.30am	Hard Tuesday	Blackburn Rd, Bobs' deviation through Glen Waverley, (M)Monash Uni, Westall Rd, Springvale Rd, Edithvale, (L)Mordialloc, Old Dandenong Rd, Yaraman, Freeway Tr, (AT) Bob's.	90< M	Kerry McN 0419 769 420
Tue 13/12 7:45 pm	<i>Corner Station & Combarton Sts Monthly Meeting - BYO Drinks & Nibbles</i>			<i>Russell H 9841 7141</i>

Thu 15/12 9.45am train time	Easy Thursday Outer East Tour	Lilydale Lake, Lakeview Dr, Hull Rd, Carronvale Rd, Taylor Rd, Mooroolbark RS, (M)Holloway Rd, Bonne View Rd, Warriar Croydon Rd, Tarrawarra Cr Tr, Eastlink Tr, (F)Heatherdale RS.	30 E	David P 9890 3634
Thu 15/12 9.30am	Medium Thursday Moonee Ponds	Kilby Rd, Main Yarra Tr, Capital City Tr, (M)Moonee Ponds, Maribyrnong River, (L)Port Melbourne, Domain Rd, Main Yarra Tr.	53 M	Mike T 9859 3647
Thu 15/12 9.15am	Hard Thursday Singleton Terrace	Valda, Koonung, Mullum Mullum, Croydon, Kilsyth, Lilydale (M), Lilydale Lake, Bellbird Park, Arkana Rd, Bellbird Dr, Hull Rd Wetlands, Olinda Ck Tr, Marne Rd, Quinn Cr, path to Railway Rd, Falls Rd, York Rd, Inverness Rd, Mountain Cr, S.E. Tk, Browns Rd, cross Mt Dandenong Tourist Rd, Browns Rd, Old Coach Rd, Marshall Tce, Singleton Tce, Glasgow Rd, south on Sheffield Rd, west on Pavitt La, Chandlers La, Dandenong Ck Tr, Mitcham, Valda	75 H	Eileen Q 0433 609 032
Sun 18/12 8.30am	Sunday Christmas Brunch	Circuit south from East Camberwell RS to Centre Rd, brunch at Rumbings, and return.	40 E	Anna V 9830 4195 0407 887 672
Tue 20/12 9.30am	Easy Tuesday Oasis Bakery Experience	Anniversary Tr, Gardiners Ck Tr, Murrumbeena Rd, (M)Oasis Bakery, back roads to Station Tr, North Rd (bike path), back streets to Scotchman's Ck Tr, Gardiners Ck Tr, Grandview Gve/Monash St, BH Mall.	40 E/M	Loreto B 9808 1960 0412 289 236
Tue 20/12 9.00am	Medium Tuesday Heritage Chocolates	Dandenong Ck Tr, Colchester Rd, Mountain Hwy, The Basin, Forest Rd, (M)Scoresby Village, Stud Rd, Wellington Rd (Heritage Chocolates), Eastlink Tr.	40 M	Bruce E 9848 4804
Tue 20/12 8.30am	Hard Tuesday One Tree Hill	Koonung Tr, Ringwood, Rail Tr, Ferntree Gully, One Tree Hill, Sassafrass, The Basin, Dandenong Ck Tr, Peter L's short cut to Mitcham Rd, Koonung Tr.	65 H	Barry McC 9848 1154
Thu 22/12 9.30am	Easy Thursday The Errol of N Melb	Chandler Hwy, Thornbury, St Georges Rd, Capital City Tr, Carlton, Nth Melb, (M)Errol St, Arden St, Moonee Ponds Ck, Royal Park, Capital City Tr, Westgarth.	36 E	Jacques F 9497 2306 0421 732 274
Thu 22/12 9.30am	Medium Thursday Elwood	(M)Southbank, Albert Pk Lk, Beach Tr, Elwood canal, Rosstown Tr, North rail path to Caulfield, (L)Central Pk, Hedgley Dene, Gardiners Ck Tr, Anniversary Tr.	60 M	Bruce E 9848 4804
Sun 25/12	Sunday	Christmas Day – no ride		
Tue 27/12	Easy Tuesday			
Tue 27/12 9.00am	Medium Tuesday Warrandyte Sojourn	Koonung Tr, Springfield Rd, Mitcham, Mullum Mullum Ck Tr, (M)Croydon North, Yarra Rd, Falconer Rd, Tindalls Rd, E Doncaster Rd, Koonung Tr.	45 M/H	Tony R 9874 1839 0418 509 481
Tue 27/12 8.30am	Hard Tuesday Brimbank Pk	Mont Albert, Canterbury, Camberwell, Gardiners Ck Tr, Yarra Tr, Docklands, Footscray, Somerville Rd, Geelong Rd, Federation Tr, Brimbank Park, Maribyrnong Tr, Capital City Tr, Westgarth St. (Note starting time)	110 M/H	Bob H 0423 746 668
Thu 29/12 9.30am	Easy Thursday Where oh where is morning tea?	Bushy Ck Tr, Dorking Rd, Gardiners Ck, Anniversary Tr, Outer Circle, Chandler Hwy, Yarra Tr, Koonung Ck Tr.	30+	Wendy T 9808 8303

Thu 29/12 9.30am	Medium Thursday City	(M)Little Bourke St, (L)Preston Market.	60 M	Bob H 9886 6215
Thu 29/12 8.55am	Hard Thursday Gisborne	For 9.07am VLine Train to Bacchus Marsh, Gisborne, Melton	70 H	Kerry McN 0419 769 420
Wed 04/01 9.30am	Jayco Bay Classic Series Criteriums	Come and see the leading professional riders close-up. Capital City Tr, (M)Carlton, North Melbourne, Footscray, (F)Williamstown.	50 E	Jacques F 9497 2306
Thu 05/01 9.30am	Easy Thursday Diamond Creek	Mullum Mullum Ck Tr, Yarra Tr (Petty's Orchard), Lower Eltham Park, Eltham, Diamond Ck, and return.	36 E	Ian S 9876 3643
Tue 10/01 6:00 pm	Club Night BBQ	Eat, drink and be merry, BYO everything Enter via Standard Av		Russell H 9841 7141 0400 178 194

Download the pdf file of rides Updated as of 13 November 2011. Phone the named contact person if you would like to go for a ride. You don't need to be a member. We'd like you to try before you join!

[Rides for November and December 2011](#) [small pdf file 5 pages 110 kb]

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter.

WCI Typical Weekly Ride Profiles

EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch. **EASY**

SUNDAYS: Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly **MEDIUM**

SUNDAYS: Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (unless otherwise indicated, Melway ref 32 B4). Visitors are welcome to just turn up. Flexible ride options are available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615. Note: rides may be varied to suit weather conditions.

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** (10:00am in winter) – relaxed pace with break for coffee/snack/chat. **See program and details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

MooneeBUG

Every Tuesday Night: Join the Tuesday night regulars for the “Cappuccino run” from 6.15pm. Meet at the Afton St Footbridge. More details by calling Laura, AH 9337 9839 or BH 9823 1540.

Friday Bike Rides: The Cross Keys Cruisers meet at Cross Keys Hotel car park in Essendon at 9am every Friday the destination is decided on Friday mornings. The majority of riders are 50+ years old and male but anyone can join in. For further details please contact John 9370 7829 or Max 9378 3501

Melbourne Bicycle Touring Club

For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655, or at rides@mbtc.org.au.

About the Ride Gradings Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

	Ride Description	Suitable Bike Type	Distance (Km's)	Grade	Ride Leader	Booking Req'd?	Rider Leader Contact Email
<i>October 2011</i>							
Saturday, 22 October	Fairfield to Volumes Bookstore at Eltham, train available to/from ride	Any	one way 25kms or 50kms return	Easy	Belinda Rowe and Susan Matyas	Y	belindaatyha@yahoo.com.au
29th- 31st October	MTB long weekend Goldfields Track, train available to/from ride	MTB	150kms in 3 days or 60 in 2 days	Hard with medium option	Nevi & Mark	Y	treasurer@yhacycling.org.au
<i>November 2011</i>							
12-13 th November	Around the bay in 2 days, train available to/from ride	Any	102kms or 158kms In 2 days	Easy, Med & Hard Options	Belinda Rowe +	Y	belindaatyha@yahoo.com.au
<i>December 2011</i>							
Saturday, 3 rd December	You Yangs single track	MTB	25kms	Easy-Med	Nevi & Mark	Y	treasurer@yhacycling.org.au
Friday 9 th December	YHA Cycling Christmas Party Dinner at Katmandu Cottage, West Melb		n/a	Social	Nevi & Mark	Y	treasurer@yhacycling.org.au
<i>January 2012</i>							